



FRIENDS OF THE  
NEEDHAM ELDERLY, INC.

# Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.  
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • [www.needhamma.gov](http://www.needhamma.gov)  
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

## Friends Board Members

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Friendly Visitor Volunteer Program | Tax Work Off Program | Financial Assistance Programs

Exercise and Dance Classes,  
over 12 classes per week.

Trips: Day and Overnight

Home Maintenance and Yard  
Work Resources

Life Long Learning Classes:  
Creative Writing Group,  
Art History, Foreign Languages,  
Current Events Group, Acting,  
Music Appreciation, Psychology,  
Book Reviews, and Lectures.



COUNCIL  
ON AGING  
Needham

COA  
CENTER OF IT ALL!

Social Work Services:  
Counseling, Case Management,  
Information and Referral and  
Support Groups. Social Workers  
schedule office and home visit  
appointments.

Income Tax Counseling

Volunteer Opportunities

Lunches—Parties

Keep Well Clinic

Grocery Shopping Service

Movies

Computer Lessons

Walking Club

Legal Services

Pool, Ping-Pong, Bocce, Horseshoes

Intergenerational Programs

Dances and Entertainment

SHINE – Health Insurance Counseling

Transportation

Home Care and Housing Assistance

## HAVE YOU CONTACTED US? DON'T MISS EVEN ONE ISSUE!

This is the last issue of the Senior Compass that will be sent from the old mailing list. If you haven't responded to us over the past few months to let us know how you want the Compass delivered and you don't want to miss even one issue, please let us know now by filling out this form.

This form can be dropped off at the Senior Center or mailed to FONE, 83 Pickering Street, Needham, MA 02492. You can also reply by sending an e-mail to [needhamfone@comcast.net](mailto:needhamfone@comcast.net) or calling the Senior Center at 781-455-7555.

Name: \_\_\_\_\_

Send by e-mail. My e-mail address is: \_\_\_\_\_

Mail through the U. S. Postal Service.

My address is: \_\_\_\_\_

THANK YOU FOR YOUR COOPERATION!!

SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



COUNCIL  
ON AGING  
Needham

**Council on Aging  
Chairperson**  
Susanne Hughes

#### Staff

Jamie Brenner Gutner  
*Executive Director*

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*Associate Director*

LaTanya Steele  
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Barbara Falla, LICSW  
*Social Worker*

Paula Angell, MSW

Penny Gordon, BA  
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Jeanne Blakeney  
*Trips*

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Elwyn Cotter  
*Van Drivers*

Won Whang  
*Building Monitor*

#### Advisory Board Members

Adele Chang

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Ann DerMarderosian

Jack Donna

Marjorie Gaulitz

Miriam Kronish

The mission of The Needham Council on Aging is to respond to its older residents' needs by providing a welcoming, inclusive, and secure environment where individuals and families benefit from programs, services and resources that enhance their quality of life and provide opportunities for growth.

## FRIENDS OF NEEDHAM ELDERLY DONATIONS

- Richard and Barbara Gardner
- Colleen Schaller
- Don Cimon
- Madeline Buttrick in memory of Harriet Brooks

## COUNCIL ON AGING DONATIONS

### GENERAL

- Norman Abbott
- Goldie Berkowsky
- Clara Clements
- Alvera Emanuello
- Isabell Horvath
- Patricia McMorrow

### IN HONOR OF

- Norma and Larry Woloizin in honor of Cecelia Rosenberg

- Lois Camberg in honor of the hard working staff
- James and Helen DeLaney in honor of LaTanya Steele

### IN MEMORY OF

- Helen Butler in memory of Frank Farrar
- Joseph Davis in memory of Helen Davis
- Sally and Bill Dugan in memory of Bob Blakeney

- Dorothy Esperian in memory of Leo & Mary Esperian
- Naomi Mael Litrownick in memory of Henry Esterman
- Helen Marsman in memory of Billie Brenner
- Needham Retired Men's Glee Club in memory of Henry Esterman
- Needham Senior Center Pool Players in memory of Frank Farrar

## YOU ASKED FOR IT! YOU GOT IT!

### A SPRING DANCE, FEATURING THE NEW NEW ORLEANS JAZZ BAND

**Friday, May 15th • 1:30 - 3:00 pm**

Location is off site: the First Baptist Church located on 858 Great Plain Avenue

**R.S.V.P. is required. To purchase your ticket for \$4.00,  
call or stop by the Needham Senior Center at 781-455-7555.**

The New New Orleans Jazz Band is a seven-piece band of professional men and women who play Dixieland Jazz to keep alive the traditional jazz style. The band began in 1984 and since that time has given over 2000 performances. The band will play dance tunes throughout the afternoon, so come on down and dance the afternoon away. Please note: because the Senior Center does not have a room large enough to hold the event we have rented space at the First Baptist Church located at 858 Great Plain Avenue (which is about 200 feet from the Senior Center). Parking is available at the Senior Center and the Church.

## MOTHER'S DAY LUNCHEON WITH ENTERTAINMENT

**Friday, May 8th • 1:30 pm**

At the Needham Senior Center

**Sign-up is required for this event. There is no fee for this program.**

Please join us for a special luncheon in honor of Mother's Day. The luncheon will include lobster rolls, salad and dessert. While you dine you will be treated to a live show by two well known singing sisters.

## NUTRITION TALK: JUMP START YOUR DAY WITH BREAKFAST

**Tuesday, May 5th • 11:15 am**

At the Needham Senior Center

**There is no sign-up or fee for this program.**

Nancy Keith, a nutritionist from Springwell, will give a talk about Eye Opening Breakfast Ideas. Slip more nutrients into your breakfast to help prepare you for the day!

THE NEEDHAM COUNCIL ON AGING WOULD LIKE TO THANK  
THE FRIENDS OF THE NEEDHAM ELDERLY FOR PURCHASING WII™!

## HAVE YOU HEARD ABOUT WII™? OR BETTER YET, HAVE YOU EXPERIENCED WII™?!

**Wednesday, May 13th • 12:30 – 2:00 pm**

At the Needham Senior Center

***Sign-up is required. There is no fee for this program.***

Here is your chance to give Wii™ a try or simply see what it's all about. A fast-growing number of Senior Centers are loving the benefits of the Nintendo® craze called "Wii™". The Wii™ sports program includes virtual tennis, golf, baseball, bowling and boxing. Players hold a wireless controller that detects three-dimensional motion as they execute the same arm movement they would employ if swinging a racket or bat, rolling a ball, or throwing a jab. The simulated action is played out on a television screen.

## YOGA IN THE AFTERNOON WITH SANDI LEVY An 8-week class • Tuesdays at 3:10 pm, Begins on May 5th

At the Needham Senior Center

***Sign-up is required, call 781-455-7555.***

***A total payment of \$32 is due on the first day of class.***

This class is designed for basic and intermediate levels. Students need to bring a sticky mat (can be purchased at most sporting goods stores), and a small blanket. Participants can expect to be doing Yoga seated on the floor with the use of a mat with some standing poses as well. Please wear comfortable clothes and don't eat a big meal beforehand. Class is NOT a women-only venture. Men are welcome! Sandi Levy is certified as a Viniyoga Yoga teacher and her classes are geared toward the older adult. Currently she also teaches at Brandeis's Lifelong Learning Institute, JCC of Newton, and the Dedham Racquet Club. The instructor loves yoga, feels it is magical and hopes to impart this love of yoga to her students. But she never expects you to contort into a pretzel!

## THE ARTHRITIS FOUNDATION EXERCISE PROGRAM WITH LISA CADIGAN

### Session I –

**Tuesday, 2:00 – 3:00 pm  
Begins May 26th, 2009**

At the Needham Senior Center

**Cost for 8 weeks is \$32.00**

***Sign-up is required, call 781-455-7555. Payment is due on the first day of class.***

The Council on Aging would like to thank the Needham YMCA for making space available to us. This exercise program includes: Range-of motion exercises (includes Flexibility, Strengthening exercises, Endurance activities, Weight-bearing activities, Balance and coordination activities, Posture and body mechanics training.

## SENIOR STRENGTH EXERCISE CLASS

### Session I

**Mondays, 10:15 - 11:15 am  
Begins May 15th**

At the Needham Senior Center

***Sign-up is required***

This exercise class is designed to accommodate mature individuals of various fitness levels. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension.

**NEW**

## HINDI LANGUAGE CLASS, BEGINNER LEVEL

**Wednesday, May 13th  
1:00 pm**

***Sign-up is required. There is  
no fee for this program.***

In this beginner level class you will learn how to speak basic Hindi and will also learn how to write simple Hindi sentences. In advance, we would like to thank Mohan Dali for volunteering to teach this interesting and fun class.

**NEW**

## INTRODUCTION TO SUDOKU

**Wednesday, May 13th  
9:15 am**

At the Needham Senior Center  
***Sign-up is required. There is  
no fee for this program.***

Join us for a brief introduction to Sudoku and learn how to solve a Sudoku puzzle. The modern puzzle, which is often seen in newspapers and magazines, was invented in 1979 by Howard Garns, an American architect. Although originally called "Number Find" it's now more commonly known as its Japanese name Sudoku, which means 'number addiction'. It may be an addiction you will enjoy!

## PLEASE NOTE

The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Although most of our programs are free, some programs have costs in an effort to meet the overall expenses for all programs. Please note, that if you cannot afford a class, we will always offer scholarships.

## MOVIES AT 1:00 PM

At the Needham Senior Center

### MONDAYS

#### May 18th

Pat & Mike, 1952

Katharine Hepburn and  
Spencer Tracy

### WEDNESDAY

#### May 6th

Airport, 1970

### FRIDAYS

#### May 1st

The Corn is Green, 1945

Katharine Hepburn and  
Ian Saynor

#### May 15th

Suspicion, 1941

Joan Fontaine and Cary Grant

#### May 22nd

After the Fair, 1986

#### May 29th

The Curious Case of  
Benjamin Button, 2008

Brad Pitt and Cate Blanchett

## TAI CHI MODIFIED 8-WEEK CLASS

**Mondays • 9-10 am  
begins on May 18th**

At the Needham Senior Center

**Sign-up is required and is on  
the first day of class.**

Participants can either stand or sit in a chair while doing the Tai Chi exercises. Tai Chi is a slow-motion, moving, meditative exercise for relaxation, and health. No experience is necessary. Wear loose, comfortable clothing. Fee for the eight-week course is \$32. To sign up call 781-455-7555.

## MAH JONG CLASS

**For dates, times and location  
call the Needham Senior  
Center at 781-455-7555.**

Interested in learning how to play mah jong? It is a strategic game, and once you have learned the rules, you will know if this game is for you. Cost for all 4 classes is \$20.

## LUNCH AND LEARN TIMES TWO

**Sign-up is required**

This month we will be bringing you two new professional lectures about specific health related topics. A tasty lunch will be served after each lecture and you will have an opportunity to ask questions on a one to one basis with the presenter. There is no fee for this program. To sign-up call the Senior Center at 781-455-7555.

## TAKING CARE OF YOURSELF AND OTHERS

**Monday, May 11th • 12:00 pm**

At the Needham Senior Center

**Sign-up is required. There is no fee for this program.**

Patricia O'Flynn, Senior Outreach Coordinator at Samaritans Inc., will offer a lecture for adults 55 and older that has both an educational and supportive component. Over the course of an hour session, older adults will learn how to cope more positively with stress, loss and changes in their health. Participants will have a chance to share ideas that have helped them in dealing with worry and loneliness and discuss examples of positive aging. Older adults will also learn how to recognize the symptoms of depression and anxiety and discover resources to help themselves or a loved one.

## BALANCE AND FALL PREVENTION SEMINAR

**Tuesday, May 19th • 12:00 pm**

**Sign-up is required. There is no fee for this program.**

Leslie Worris, MPH, RYT, owner of Wellness Alliance Inc., has a Master's degree in Public Health. As we get older, many of us encounter a change in our balance. Did you know that one third of adults 65 and older fall each year in the United States? Common concerns include feeling wobbly and unsure on their feet or afraid that they may fall. Ms. Worris will talk about why balance becomes a problem and she will also provide tips and information as to how one can achieve better balance to reduce/eliminate falls. In advance we would like to thank the Wellness Alliance for providing lunch and sponsoring this event.

## BALLROOM DANCING LESSONS, "SWING," A 4-WEEK CLASS

**Tuesdays, 2:00-3:00 pm • May 5, 12, 19 and 26**

Location: Offsite: Charles River YMCA at 380 Chestnut Street

**Sign-up is required, call 781-455-7555.**

**A total payment of \$16 is due on the first day of class.**

The Council on Aging would like to thank the Needham YMCA for letting us use this space in order to hold this wonderful program. The cost is \$16 for all four sessions. Please wear shoes that allow movement on a wood floor – not rubber soles. If you are a new student, to sign-up, call Sherry Jackson at the Needham Senior Center, 781-455-7555.

## COMPASS LABELING AND COLLATING

**Tuesday, May 19th • 9:15am**

At the Needham Senior Center

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

## HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or [sjackson@town.needham.ma.us](mailto:sjackson@town.needham.ma.us).



## SPRING INTO ACTION: GUIDED WALK ON THE TRAILS AT RIDGE HILL

**Monday, May 11th at 11:00 am**

Location: Meet at Ridge Hill

***Sign-up is suggested. There is no fee for this program.***

The Eat Well Be Fit Committee in Needham is coordinating a walking for good health 'kick-off' week called, 'Needham Springs into Action – A Week of Walking.' The Senior Center invites seniors to join us for a lovely walk through the trails of Ridge Hill in Needham. The walk will conclude with a surprise free "gift card" raffle, compliments of the Eat Well Be Fit Committee. This week will serve as an impetus for Needham residents to start thinking about how they can incorporate walking into their daily lives. The week will consist of events sponsored by multiple groups and associations in Needham, with at least one sponsored event each day. If you are able to walk 2-4 miles on wooded trails, and would like to participate in this wonderful event, please call Sherry Jackson at the Needham Senior Center, 781-455-7555 ext. 205.

## THE WALKING CLUB

If you walk two to four miles, a couple of days a week, then this walking club is for you. Our walks are designed to offer variety. You will have an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van. To sign-up, call Sherry at the Needham Senior Center, 781-455-7555.

## THE WALKING PALS PROGRAM

Would you like to have company on your walks? We will match you with two others who walk your pace and coincide with your schedule. To sign-up, call Sherry at the Needham Senior Center, 781-455-7555.

## TRIPS

On May 12th, we will travel to Boylston, MA to the Tower Hill Botanic Garden. We will start off with lunch at the Cyprian Keyes Golf Club, food choice is Chicken Picatta or Baked Haddock, and then on to the beautiful gardens. This is the ideal time of year to visit there. This trip is priced very reasonably at just \$59.00. Please make your reservations early by calling Jeanne Blakeney at 781-455-7555 ext. 209, Tues, Wed. or Thurs., 9:30 am. to 3:30 pm. or call in and leave a message with the operator. In June, we will make a return trip to the Village Restaurant in Essex, (most famous for their fried clams) also offering Steak Tips and potato, fresh vegetables, coffee and tea. We will then go on a guided "Harbor Loop" tour. The guided tour we had last year was outstanding and we expect to have the same guide this year. This also will be an outstanding day so please join us and an early sign-up would be much appreciated! For further information, contact Jeanne Blakeney, Trip Coordinator, 781-455-7555.

## DID YOU KNOW?

**VOLUNTEERS** are needed for our Friendly Visitor Program to provide companionship to homebound elderly by visiting in the home to reduce loneliness and improve quality of life. Additional activities may include (at the discretion of the volunteer) letter reading & writing, telephone reassurance, activities & crafts, and respite care for families. Please contact Paula Angell at the Needham Senior Center, 781-455-7555.

## DUPLICATE BRIDGE

**Thursdays • 1:00 pm**

At the Needham Senior Center

***There is no fee for  
this program.***

Duplicate bridge is offered throughout the year at the Needham Senior Center every Thursday from 1:00 PM to 4:00 PM. Sponsored by the Needham Council on Aging, comfortable surroundings are provided in the Blue Room. Although this is a competitive game, the atmosphere is friendly and there is no fee for playing. Please contact Gerry Bilodeau at 617-527-5037, or just simply show up at the Senior Center at least 15 minutes before play begins. Any two persons showing up are guaranteed to play while every effort will be made to find a partner for a single visitor, although this cannot be guaranteed. For any additional information you may also contact Sherry Jackson, Associate Director, at 781-455-7555 ext.205.

## VOLUNTEERS SOUGHT:

- **Fridays – Individual to post upcoming week's events**
- **Meal site Volunteer: Tues., Wed., Thurs. 10:00am – 12:30pm**
- **Friendly Visitors**
- **Boutique Manager**
- **Parent/Child Morning Pastry preparer & visitor**
- **Assistant to tidy up at the end of each weekday from 3-4pm**

For further information, contact Penny Gordon, Volunteer Coordinator, at 781-455-7555 ext. 204.



COUNCIL  
ON AGING

Needham

STEPHEN PALMER  
SENIOR CENTER

83 Pickering Street  
Needham, MA 02492  
781-455-7555

SENIOR CENTER  
DROP-IN HOURS:

9:00 am - 4:00 pm  
Monday thru Friday

## SONGSTERS UPDATE

The Songsters have been working hard preparing their Spring Concert program, and it's just about ready to take on the road. We will be performing in nursing homes and senior housing communities. We have lost a few members so we are very anxious to replace them, women and men are most welcome – singing is good for the soul – and the body!

## SHINE UPDATE: MEDICARE FRAUD AND ABUSE

Whenever you receive a payment notice from Medicare, review it for errors. The payment notice shows what Medicare was billed for, what Medicare paid and what you owe. Make sure Medicare was not billed for health care services or medical supplies and equipment you did not receive. If you have a question or concern regarding a Medicare claim, you should discuss it directly with your physician, provider, or supplier that provided the service. The SHINE Program provides free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center, 781-455-7555 and ask for an appointment.

Tips to prevent fraud and abuse:

- Don't ever give out your Medicare Health Insurance Claim Number (on your Medicare card) except to your physician or other Medicare provider.
- Don't allow anyone, except appropriate medical professionals, to review your medical records or recommend services.
- Don't contact your physician to request a service that you do not need.
- Be careful in accepting Medicare services that are represented as being free.
- Be cautious when you are offered free testing or screening in exchange for your Medicare card number.
- Be cautious of any provider who maintains they have been endorsed by the Federal government or by Medicare.
- Avoid a provider of health care items or services who tells you that the item or service is not usually covered, but they know how to bill Medicare to get it paid.

## MONDAY'S LUNCH BUNCH

Meet at the Needham Senior Center

**Monday, May 4 – West, West Roxbury**

**Monday, May 11 – Sherborne Inn, Sherborne**

**Monday, May 18 – One Bistro, Norwood**

**Monday, May 25 – Closed**

Due to the increased interest in our LUNCH BUNCH program, please be sure to SIGN UP in advance for the lunch you want to attend. The suggested donation of \$5.00 to cover expenses will be collected on board the van, and then you will pay the cost of your meal at the restaurant. Meet at the Senior Center at 11:30 am. To sign-up call 781-455-7555.

**KEEP YOUR LIFE SAVINGS  
SAFE FOR LIFE.**

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MEMBER SIF



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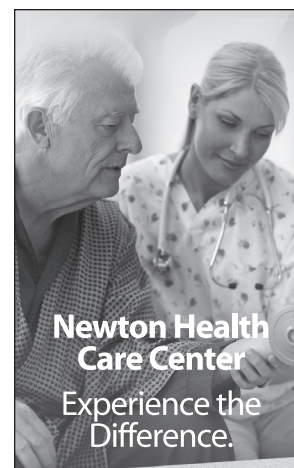
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**For more information or a tour of our  
facility please contact the Admission  
Director at 781-234-6300.**

We specialize in

- Short-term Rehab/Orthopedic Program with 3800 sq ft of Rehab space/PT, OT and Speech Therapy Services up to 7 days per wk including a new Wii program
- Large Private and Semi-Private Rooms
- Also Offering: Long-Term Care, Secured Dementia Unit



**Newton Health  
Care Center**

Experience the  
Difference.

The short-term Orthopedic Rehabilitation program at Newton Health Care Center is the area's choice for sub-acute rehabilitation care.

Directed by our highly-skilled medical staff and supported by an experienced team of rehabilitation professionals the team at Newton is committed to your recovery.

**Call today or stop in  
for a tour!**

**Newton**  
Health Care Center

2101 Washington Street  
Newton, MA 02462  
617.969.4660

# MAY 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CALENDAR OF PROGRAMS AND EVENTS</b> Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 781-455-7555 • www.needhamma.gov <b>Offsite Locations of Programs</b> #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street #4 Baptist Church • 858 Great Plain Ave. #5 NHA Community Room • 1 Chambers Street <b>Please Note: Items in bold indicate that sign-up is required.</b>			<b>FOR A MENU OF OUR LUNCHESES, PLEASE CALL OR STOP BY THE NEEDHAM SENIOR CENTER, 781-455-7555</b>	<b>1</b> 9-4 Pool <b>9:15 Exercise with Pearl</b> 9:15 Quilting <b>10:30 Exercise</b> <b>11:00 Walking Club: Boston College Reservoir</b> <b>11:45 Lunch:</b> Seafood Newburg or Roast Beef & American Cheese Sandwich <b>12:00 Computer Lessons</b> 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: <i>The Corn is Green</i> , 1945
<b>4</b> 9-4 Pool <b>9:00 Tai Chi Class</b> <b>10:00 Walking Club</b> <b>10:15 Exercise with Pearl</b> <b>11:30 Lunch Bunch: West, West Roxbury</b> <b>11:45 Lunch:</b> Greek Chicken or Ham & Swiss on Oatmeal Bread 1:00 Bridge – Men 1:00 Friends of the Needham Elderly	<b>5</b> 9-12 Pool 9:00 Spanish Class 9:15 Bridge – Women 9:15 Yoga 10:30 Current Events 11:15 Lecture: Nutrition Talk <b>11:45 Lunch:</b> Hot Dog and Baked Beans or Seafood Salad Sandwich 12:30 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Ballroom Dancing #1</b> <b>2:00 Exercise with Lisa</b> <b>3:10 Yoga</b>	<b>6</b> 9-4 Pool <b>9:00 Exercise</b> 9:00 Keep Well Clinic 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch:</b> Beef Stir Fry or Chicken Salad on Lettuce 1:00 Bridge – Men 1:00 Movie: <i>Airport</i> , 1970	<b>7</b> 9-12 Pool <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch: Mother's Day Special Brunch:</b> Fresh Fruit Cup, Cheese Omelet w/ Cream Sauce, Home Fries, French Toast Sticks w/ Syrup, Cinnamon Coffee Cake and Chocolate Dessert <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Exercise with Lisa #1</b>	<b>8</b> 9-4 Pool <b>9:15 Exercise with Pearl</b> 9:15 Quilting <b>10:30 Exercise</b> <b>11:00 Walking Club: Arnold's Arboretum</b> <b>11:45 Lunch:</b> Turkey Vegetable Casserole or Tuna Salad Sandwich <b>12:00 Computer Lessons</b> 1:00 Bridge – Men <b>1:30 Mother's Day Luncheon w/ Entertainment</b> <b>No Movie or Board Games Today</b>
<b>11</b> 9-4 Pool <b>9:00 Tai Chi Class</b> <b>10:15 Exercise with Pearl</b> <b>11:00 Needham Gets Walking</b> <b>11:30 Lunch Bunch: Sherborne Inn, Sherborne</b> <b>11:45 Lunch:</b> Vegetable Cheese Quiche or Breaded Chicken Patty Sandwich <b>12:00 Lunch and Learn: Taking Care of Yourself &amp; Others</b> 1:00 Bridge – Men	<b>12</b> 9-12 Pool 9:00 Spanish Class 9:15 Bridge – Women 10:30 Creative Writing Group <b>11:45 Lunch:</b> Beef Steak Patty w/Brown Gravy or Egg Salad Sandwich 12:30 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Ballroom Dancing #1</b> <b>2:00 Exercise with Lisa</b> <b>3:10 Yoga</b> <b>TRIP: Tower Hill Botanic Garden</b>	<b>13</b> 9-4 Pool 9:15 Introduction to Sudoku 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch:</b> Orange Almond Chicken or Roast beef & Mozzarella Cheese Sandwich 12:30 Wii™ #5 1:00 Bridge – Men <b>1:00 Learn to Speak Hindi, Beginner Level</b> 2:30 Better Balance	<b>14</b> 9-12 Pool <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Stuffed shells w/Tomato Sauce or Chicken Salad on Lettuce <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Exercise with Lisa #1</b>	<b>15</b> 9-4 Pool <b>9:15 Exercise with Pearl</b> 9:15 Quilting 10:00 Low Vision Group <b>11:45 Lunch:</b> Broccoli Cheese Fish w/Sauce or Turkey & Cheese Sandwich <b>12:00 Computer Lessons</b> 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: <i>Suspicion</i> , 1941 <b>1:30 Spring Dance #4</b>
<b>18</b> 9-4 Pool Tournament <b>9:00 Tai Chi Class</b> <b>10:00 Walking Club</b> <b>10:15 Exercise with Pearl</b> <b>11:30 Lunch Bunch: One Bistro, Norwood</b> <b>11:45 Lunch:</b> Chicken Kielbasa or Tuna Salad Sandwich 1:00 Bridge – Men 1:00 Movie: <i>Pat &amp; Mike</i> , 1952	<b>19</b> 9-12 Pool 9:00 Spanish Class 9:15 Compass Collating 9:15 Bridge – Women 10:30 Current Events <b>11:45 Lunch:</b> Chicken Broccoli Penne w/ Alfredo Sauce or Roast Beef & Swiss Sandwich <b>12:00 Lunch and Learn: Balance and Fall Prevention</b> 12:30 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Ballroom Dancing #1</b> <b>2:00 Exercise with Lisa</b> <b>3:10 Yoga</b>	<b>20</b> 9-4 Pool 9:00 Keep Well Clinic 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch:</b> Baked Fish Au Gratin or Turkey Salad Sandwich 12-4 Pool Tournament 1:00 Bridge – Men 1:00 Hindi Beginner Level 2:30 Better Balance	<b>21</b> 9-12 Pool <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Beef Stew or Ham & American Cheese Sandwich <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Exercise with Lisa #1</b>	<b>22</b> 9-4 Pool <b>9:15 Exercise with Pearl</b> 9:15 Quilting 10:00 Low Vision Group <b>10:30 Exercise</b> <b>11:00 Walking Club: Cutler Park</b> <b>11:45 Lunch:</b> Cheese Lasagna & Meatball or California Chicken Salad Sandwich <b>12:00 Computer Lessons</b> 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: <i>After the Fair</i> , 1986
<b>25</b> <b>SENIOR CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY</b>	<b>26</b> 9-12 Pool 9:00 Spanish Class 9:15 Bridge – Women 9:15 Yoga 10:30 Creative Writing Group <b>11:45 Lunch:</b> Fish or Egg Salad Sandwich 12:30 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Ballroom Dancing #1</b> <b>2:00 Exercise with Lisa</b> <b>3:10 Yoga</b>	<b>27</b> 9-4 Pool 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch:</b> American Chop Suey or Peppercorn Turkey & Mozzarella Cheese Sandwich 12:30 Wii™ #5 1:00 Bridge – Men 1:00 Hindi Beginner Level 2:30 Better Balance	<b>28</b> 9-12 Pool <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Chicken Marsala or Roast Beef & Swiss Sandwich <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Exercise with Lisa #1</b>	<b>29</b> 9-4 Pool <b>9:15 Exercise with Pearl</b> 9:15 Quilting <b>10:30 Exercise</b> <b>11:00 Walking Club: Mt. Auburn Cemetery</b> <b>11:45 Lunch:</b> Baked Ham or Seafood Salad on Lettuce <b>12:00 Computer Lessons</b> 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: <i>The Curious Case of Benjamin Button</i> , 2008





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